



**BODY SPORT®**

# Exercise Mat

Perfect for exercise, stretching and other fitness routines

Eyelet design for easy wall storage

Great for isometric, stretching and ab workouts; not suggested for cardio or workouts with heavy shoe impact

High-density foam for a comfortable workout

Carrying strap for easy storage and portability

**CLEANING INSTRUCTIONS:** Clean with damp cloth. Do not use harsh chemical cleaners that can damage the surface.

**SAFETY PRECAUTIONS:** As with any exercise program, consult a physician or medical professional before beginning a workout routine and follow their advice. Body Sport® Exercise Mats are to be used by adults or, if under the age of 18, only with adult supervision. Read following precautions before any use.

Exercise programs of any kind pose an inherent risk of serious injury or death to the participant. Use proper techniques and common sense such as:

- Do not use for cardio or workouts with heavy shoe impact.
- Check your equipment thoroughly and inspect for cracks, nicks, cuts, etc. If any defects are found, discontinue use.

**⚠WARNING:** Cancer and Reproductive Harm – [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

BODY SPORT SELLS THIS PRODUCT AS-IS AND MAKES NO WARRANTY, EXPRESS OR IMPLIED, INCLUDING, WITHOUT LIMITATION, ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, ALL SUCH WARRANTIES BEING HEREBY EXPRESSLY EXCLUDED.

Reorder Number  
**BDSEM56BLU**

**1/2 in**  
(12.7 mm) **thick**  
24" x 56"  
Blue

Lot #

Distributed by Body Sport®  
Hudson, OH 44236

**1-866-528-2152**

Made in China

